



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 06-01-12)

Visit us at www.fns.usda.gov/fdd

100318 – SWEET POTATOES, MASHED, LOW-SODIUM, CANNED, #10

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U. S. Grade A, sweet potatoes either golden, yellow, or mixed, mashed, canned. This is a low-sodium food (140 milligrams of sodium or less per serving).
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains about 109 oz (12¼ cups) mashed sweet potatoes.One #10 can AP yields about 12¼ cups heated, mashed sweet potatoes and provides about 49.1 ¼-cup servings heated vegetable.CN Crediting: ¼ cup heated, mashed sweet potatoes provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened canned mashed sweet potatoes in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened can of mashed sweet potatoes covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.Use a clean and sanitized can opener.CONVENTIONAL OVEN: Bake at 350 °F for 1 hour and 30 minutes until internal temperature reaches at least 165 °F. Add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.

Nutrition Information

Sweet potatoes, mashed, no salt added

	¼ cup (64 g)	½ cup (128 g)
Calories	65	130
Protein	1.27 g	2.54 g
Carbohydrate	14.84 g	29.68 g
Dietary Fiber	1.1 g	2.2 g
Sugars	3.49 g	6.98 g
Total Fat	0.13 g	0.26 g
Saturated Fat	0.03 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.85 mg	1.70 mg
Calcium	19 mg	38 mg
Sodium	48 mg	96 mg
Magnesium	15 mg	31 mg
Potassium	134 mg	268 mg
Vitamin A	5567 IU	11134 IU
Vitamin A	278 RAE	556 RAE
Vitamin C	3.3 mg	6.6 mg
Vitamin E	0.70 mg	1.40 mg



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PREPARATION/ COOKING INSTRUCTIONS (cont'd)	<ul style="list-style-type: none">• STEAMER: A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or long enough to bring to serving temperature. PLEASE NOTE: STEAMER IS NOT A STEAMTABLE.• Canned vegetables should be heated only to serving temperature and served soon after heating. Schedule heating of canned sweet potatoes to serve soon after heating.
USES AND TIPS	<ul style="list-style-type: none">• Heat mashed sweet potatoes with added spices, other vegetables or fruits. They may be used in soups or in baked goods such as sweet potato pie or sweet potato bread.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.